ADDICTION SERVICES

OF

PRINCE EDWARD ISLAND

ANNUAL REPORT

1983 - 1984

85-3338/

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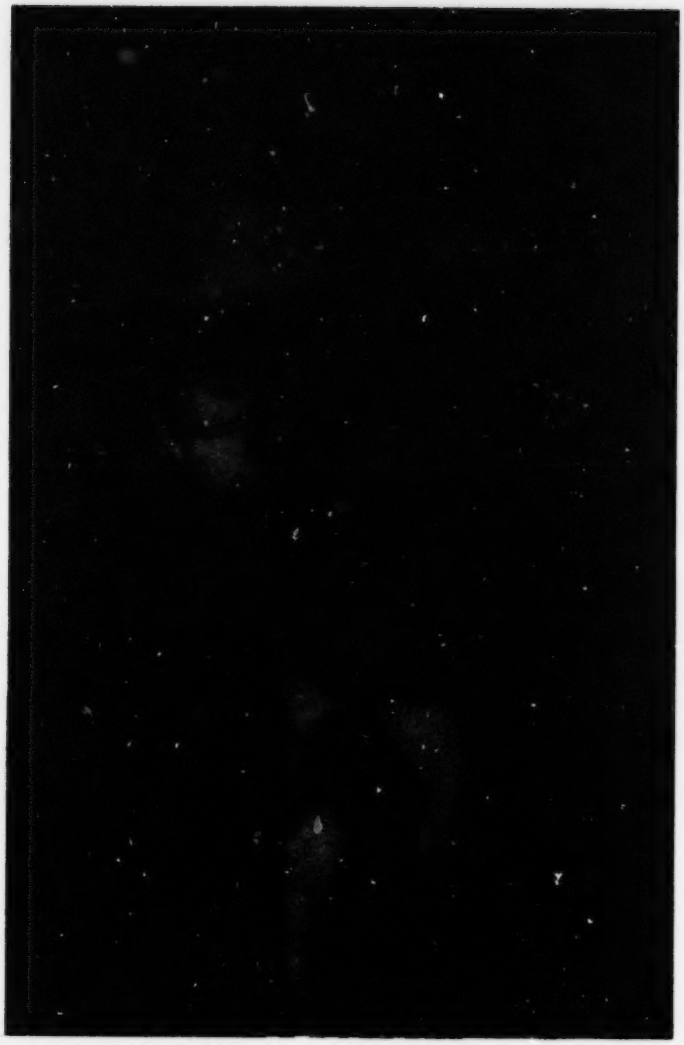


ALBERT P. FOGARTY

DEPARTMENT OF HEALTH AND SOCIAL SERVICES

OFFICE OF THE MINISTER

January 15, 1985

Honourable J. A. Doiron
Lieutenant Governor
Province of Prince Edward Island

May It Please Your Honour:

I respectfully submit, for your consideration, the Annual Report of Addiction Services of Prince Edward Island for the period April 1, 1983 to March 31, 1984.

Respectfully Submitted,

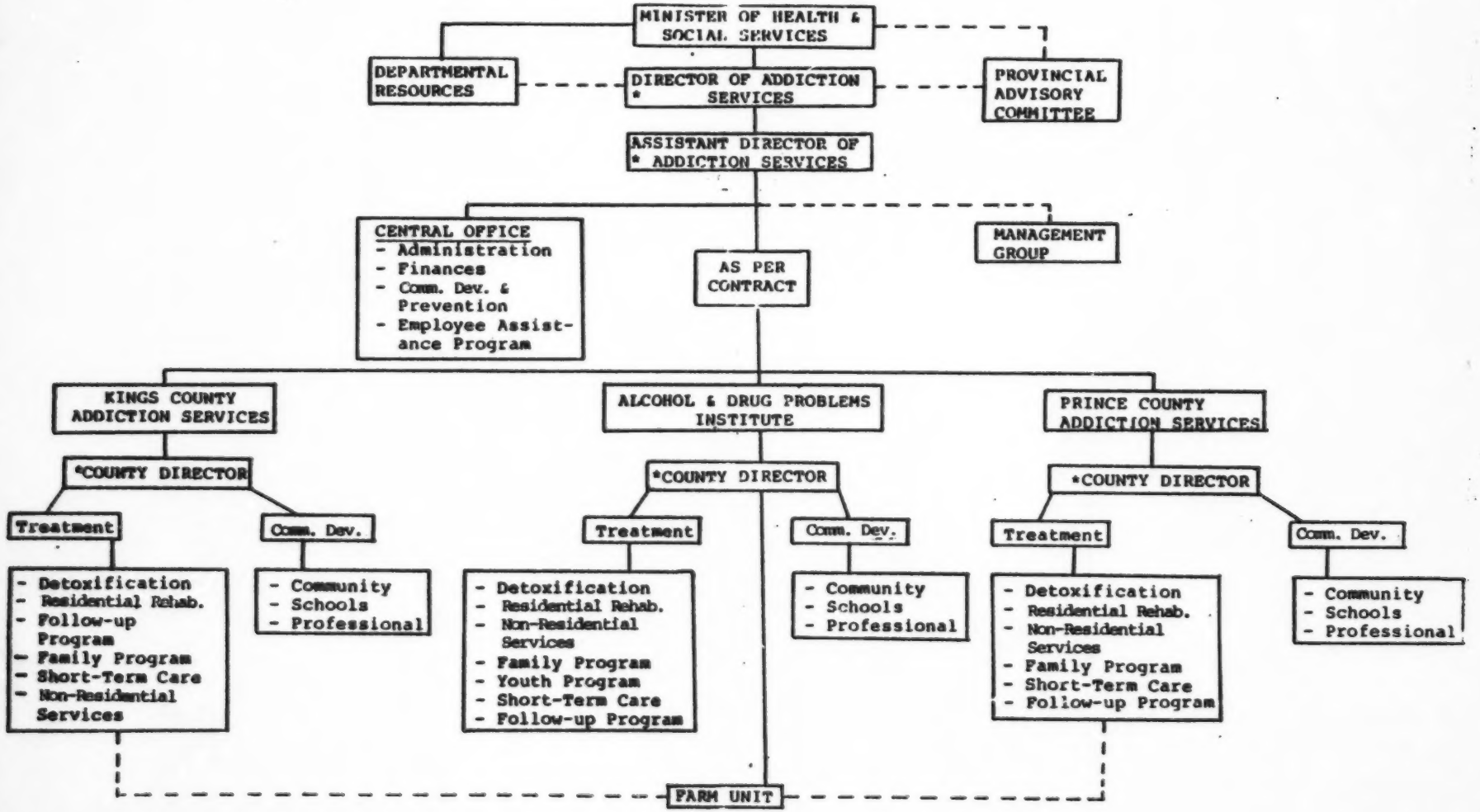
Albert P. Fogarty
MINISTER RESPONSIBLE FOR
ADDICTION SERVICES OF
PRINCE EDWARD ISLAND

OVERVIEW OF 1983-84

The fiscal year 1983-84 was the third full year of operation under the system inaugurated in October, 1980. The Provincial Advisory Committee continued to serve in an advisory capacity to Hon. Albert Fogarty, Minister of Health and Social Services, the Minister responsible for Addiction Services. The Director of Addiction Services assists and advises the Minister in the discharge of his duties.

Kings County Addiction Services, Alcohol & Drug Problems Institute and Prince County Addiction Services, each operating under the direction of a Board which sets policy, allocates funds and hires a County Director to administer programs, continued to develop, implement and maintain community development and treatment programs as required in the contracts signed with Government. These contracts specify that each agency must provide the following services within its County - detoxification, rehabilitation, short-term care, public information, and staff development.

The three County Boards operate independently but do cooperate with each other as well as consult with Government via the Director and his Central Office staff.



*Denotes member of Management Group

ADDICTION ADVISORY COMMITTEE

Dr. Mark Triantafillou, Chairman

Dr. Sheldon Cameron

Mr. Fred Carver

Mr. Keith Cooke

Mr. Wendell Deagle

Mr. Peter Driscoll

Mr. Bernard McCabe

Mr. Hillard MacKinnon

Mrs. Lois Morris

Mrs. Beatrice Reeves

Mr. Neil Young - Addiction Services of P.E.I. Representative

CENTRAL OFFICE

P.O. Box 37,
McGill Avenue,
Charlottetown, P.E.I.,
C1A 7K2

TELEPHONE: 892-4265

CENTRAL OFFICE

Central Office Staff is under the Director of Addiction Services of Prince Edward Island. During this fiscal year the Director's position was held by Mr. Neil Young until October 31, 1983. On November 1, 1983 Dr. Mark Triantafillou was appointed Director and Mr. Neil Young, Assistant Director. The Director, on Government's behalf, established guidelines and engaged in an ongoing monitoring and evaluation process with the contracted County Agencies.

The Assistant Director consulted with the three County Directors to discuss common concerns and possible joint ventures. In addition, he supervised a staff of five persons who oversaw the management of personnel and financial matters in consultation with the Counties. In cooperation with the local organizations, his staff also served as a liaison with the business and professional community to establish Employee Assistance Programs and was responsible for the development and implementation of research and prevention programs of a provincial nature. This staff was reduced to three during the fiscal year with the resignation of the Employee Assistance Program Officer and the Community Development Coordinator. The duties of the Employee Assistance Program Officer were absorbed by the Counties.

The Director was the Province's representative on the federal-provincial "Sub-Committee on Alcohol and Other Drug Problems" and the regional group of four Directors of Addiction agencies in the Atlantic Provinces.

In February, 1984 the staff of Central Office became Civil Servants.

EMPLOYEE ASSISTANCE PROGRAMS AND PUBLIC RELATIONS

The Industrial Program Officer of Central Office continued to promote the development and implementation of Employee Assistance Programs within the private sector as well as all levels of Government, both Federal and Provincial. The role of the program was: (a) to consult with both union and management representatives about their needs, (b) to provide information sessions, and (c) to conduct training sessions for supervisory and management personnel.

Working with the County agencies, this program initiated contact with a number of businesses and professional groups, primarily school teachers.

The Industrial Program Officer coordinated the media component of Prince Edward Island Drug Awareness Week and served on the Planning Committee for the Week. This officer also served as our Agency's representative on the P.E.I. Council on Smoking and Health.

On January 28, 1984, the Industrial Program Officer resigned and the duties of this position were absorbed by the County Agencies which was the original intention for the eventual outcome of this program.

COMMUNITY DEVELOPMENT/PREVENTION PROGRAMS

Provincial Community Development/Prevention programs are co-ordinated by the Community Development Coordinator who works on a consultation basis with County personnel. Co-operative regional programs are initiated at this level and included involvement in the planning of two regional events: (a) the third Annual Atlantic Drug Awareness Week, and (b) planning for the upcoming C.A.F. Regional Conference to be held in Halifax, Nova Scotia in May of 1984.

During this fiscal year sessions were held for a number of groups including, clergy, R.N. students and L.N.A. students. Also a number of speaking engagements with various community groups were held.

A literature supply was maintained at Central Office and new materials were distributed to the County Organizations. Material was supplied to the general public and students as requested.

The Community Development Coordinator was the Chairman of the Community Development Committee which was composed of one representative from each County and two from Central Office. Films were previewed by this group and the Counties made aware of new material available.

The Community Development Coordinator resigned in November of 1983 and the duties of this position were continued on a limited basis by the Community Development Coordinator of Queens County Addiction Services in addition to her regular duties.

KINGS COUNTY ADDICTION SERVICES

Breakwater Street,
P.O. Box 100,
Souris, P.E.I.,
C0A 2B0

TELEPHONE: 687-2150

BOARD OF DIRECTORS
KINGS COUNTY ADDICTION SERVICES
APRIL 1, 1983 - MARCH 31, 1984

Mr. Allen MacPhee, Chairman

Mr. George Beck

Mr. Fred Carver

Mr. Merlin McCarthy

Mr. Joseph MacKinnon

Fr. Mervin McNally

Mr. Peter McQuaid

Fr. Edwin Steele

Mrs. Marjory Tattrie

Mr. George Whiteway

MANAGEMENT PERSONNEL

Mrs. Peggy MacInnis, R.N.	Kings County Director
Miss Maureen McIver, R.N.	Nursing Supervisor
Miss Anne Tierney, R.N.	Education Officer
Dr. Don Vickerson	Medical Consultant

DETOXIFICATION PROGRAM

The Detoxification Unit is located on Breakwater Street in Souris. It is a 12-bed facility with 10 beds for males and 2 for females. The average length of stay is 5-7 days for alcohol withdrawal and up to 21 days for withdrawal from other drugs such as prescribed medication.

The primary function of the Detox. is to provide a protective and controlled setting for individuals to withdraw from alcohol and other drugs. Minimum but effective sedation is used to prevent more serious complications of withdrawal such as hallucinosis, convulsions and delirium tremens.

A second function of the Detox. Unit is that of identification of the addiction and motivation of the client to further treatment. This is done through individual counselling and group sessions employing aids such as audio visual and cassette tapes and films.

A third function of our Unit is to provide some support to ex-clients who are having severe sobriety-based symptoms of alcoholism. To this end clients who are admitting to alcoholism, who are in programs of recovery but who are, from time to time in the initial stages of their recovery, having some serious struggles to maintain sobriety, are encouraged to seek admission to detox. for stabilization as a preventative measure rather than drink.

STATISTICAL SUMMARY

Total Number of Admissions	617
Total Number of Male Admissions	579
Total Number of Female Admissions	38
Total Number of New Admissions	90
Number of Individuals Served	286
Average Age	43 years (Male) 48 years (Female)
Average Length of Stay	4.6 days (Male) 5 days (Female)
Residential Individual Counselling Sessions	541

PERCENTAGE DISTRIBUTION OF ADMISSIONS BY SOURCE OF REFERRAL

	Male	Female
Family	25%	32%
Self	27%	32%
Hospital/Physicians	7%	8%
Friends/Landlords	32%	20%
Social Services	-	3%
R.C.M.P.	2%	5%
Staff	3%	-
Other	4%	-

RESIDENTIAL REHABILITATION PROGRAM

The conversion of the Georgetown House to a Long-Term Care Centre necessitated closing out the Rehabilitation Program at the Georgetown House.

Any clients from Kings County requiring a Rehabilitation Program are being transferred to Queens County Addiction Services.

NON-RESIDENTIAL SERVICES

The following services are provided on a non-residential basis by Addiction Workers: Individual Counselling, Follow-up, After-Care, Group Therapy and Assessment Interviews.

STATISTICAL SUMMARY

Follow-Up

Number Group Sessions	44
Number in Attendance	608
Average Group Size	14

After-Care

Number Group Sessions	29
Number in Attendance	127
Average Group Size	5

Non-Residential

Number Counselling Sessions	408

COMMUNITY DEVELOPMENT

In December of 1983 our Community Development Coordinator resigned. The County Director assumed responsibility for the Community Development program and with the help of volunteers and Addiction Workers, continued to provide programs to the schools and communities as requested.

STATISTICAL SUMMARY

Classroom Sessions	38		
Students Attended	1,955		
Parent-Student Sessions	3	Group Size	244
Professional Groups	4	Group Size	34
Community Sessions	11	Group Size	294
Displays (County Fairs, etc.)	10		

LONG-TERM CARE CENTRE

In 1983 the Georgetown Centre was converted to a Long-Term Care Centre, in an effort to accommodate some of the chronic alcoholics affected by the closure of the Fredericton Farm.

The 10-bed facility serves as a residence for people with chronic chemical dependencies from all three Counties who require long-term care.

Because we believe that the disease of alcoholism can be arrested at any stage of its progression, a program has been designed which includes group discussions, living skills, films, individual counselling, work assignments, and in-house A.A. meetings. The residents are also encouraged to attend A.A. meetings in the community.

Residents who are physically and mentally capable are encouraged to seek employment. To this end, they have been most successful this year.

Due to budgetary restraint, one Attendant position has been eliminated. A night watchman has been hired under the Job Creation Program, who makes regular patrols inside and outside the facility.

STATISTICAL SUMMARY

Total Number of Admissions	66
Total Number of Individuals	49
Average Length of Stay	43 days
Occupancy Rate	77.3%
Total Number Days Stay	2,821

STAFF DEVELOPMENT

The staff of Kings County Addiction Services were given the opportunity to attend:

- Summer School on Addictions at University of P.E.I.
- Counsellor Training Sessions at Alcohol and Drug Problems Institute
- Course of Relapse Syndrome at Alcohol and Drug Problems Institute
- Staff Development sessions at Kings County Addiction Services
- Workshop on Family Violence, Department of Justice

INFORMATION AND DROP-IN CENTRE

In an effort to provide non-residential services to the Southern Kings area, an information and Drop-in Centre was opened in Montague. The facility includes a large meeting room, an office and a small recreation area where fellow alcoholics may meet for conversation and a game of cards.

The Centre is staffed, on a daily basis, by a receptionist hired under the Job Creation Program, who presents daily information sessions on alcohol and other drugs with the use of video and tape cassettes. Narcotics Anonymous and Alcoholics Anonymous meetings are held weekly at the Centre.

The following services are provided by an Addiction Worker: weekly Follow-up and Aftercare Programs as well as Family Programs, individual counselling and assessment interviews.

Informational material on alcohol and other drugs may be picked up from the display racks.

The Kings County Addiction Auxiliary continues to provide educational material for use in the various programs.

STATISTICAL SUMMARY

Number of Individuals Served (November, 1983 - March, 1984) 393

FAMILY PROGRAMS

This service consists of individual interviews with spouses and family members of persons who are chemically dependent. This is followed by individual counselling sessions as needed and referral to self-help groups, e.g. Al-Anon.

A family program consisting of films and lectures is presented weekly and recycles every seven weeks. Family members are encouraged to attend these sessions and become involved in the programs of Al-Anon and Alateen.

STATISTICAL SUMMARY

Number of Group Sessions	36
Number in Attendance	274

QUEENS COUNTY ADDICTION SERVICES

McGill Avenue,
P.O. Box 1832,
Charlottetown, P.E.I.,
C1A 7N5

TELEPHONE: 892-4265

BOARD OF DIRECTORS

ALCOHOL AND DRUG PROBLEMS INSTITUTE

APRIL 1, 1983 - MARCH 31, 1984

Dr. Leo Killorn, President
Mr. Jack Blanchard
Mr. Jim Brady
Mr. Joe Dorsey
Dr. Raymond Grant
Mr. Mike Hennessey - Resigned December, 1983
Mrs. Helen Killorn
Mr. Harry Large - Term ended July, 1983
Ms. Gladys MacMillan
Mr. Mike O'Brien
Mr. Albert Ross
Dr. Ben Spears
Mr. Gordon Tweedy
Mr. Freeman Whitty - Became a Member July, 1983

MANAGEMENT PERSONNEL

Dr. Leo Killorn	Queens County Director, Medical Consultant
Sister Bertha McCarthy	Nursing Supervisor, Detox. Unit
Mr. Frank Blackett	Food Service Manager
Mr. Peter MacLean	Manager, Halfway House
Mr. Henry Grant	Manager, Farm Unit (Farm Closure June, 1983)
Dr. Wenonah Foster	Medical Consultant (Resigned August, 1983)

OVERVIEW OF 1983-84

During the fiscal year 1983-84, there were two major changes related to the functioning of Queens County Addiction Services. The first of these changes was the decision to discontinue operation of the long-term care facility at Fredericton, known as the Farm Unit. Although the decision was made to close the Unit at the end of March, 1983, it did not actually cease operation until June 30, 1983. The staff of the Unit was reorganized and it was necessary that two employees be terminated, with one employee being transferred to the Half-Way House and the other employee transferred to the Assessment Unit in Charlottetown.

The function of the Farm Unit, namely to provide long-term custodial care to the so-called street alcoholic across Prince Edward Island, and most particularly from Charlottetown, was to be absorbed by the Charlottetown Halfway House and the Kings County Extended Care Facility in Georgetown. There was no major disruption of services to this group of individuals, since the two facilities mentioned above as well as the Assessment Unit of the Alcoholism Treatment Centre in Charlottetown appeared capable of providing the necessary care.

The second major change in Queens County Addiction Services was the transfer of the Residential Facility from St. Vincent's Orphanage on University Avenue to the Rehabilitation section of the Provincial Sanatorium on McGill Avenue in Charlottetown. This was a long-awaited move which was becoming more of a necessity because of the degeneration of the orphanage building. The change was effected in November of 1983 following the necessary renovations to the Sanatorium Rehabilitation Unit. The move was effected without any immediate change in the number of operative beds or staff. Major changes in the Sanatorium Unit were necessary to accommodate the Assessment Unit and the kitchen facilities. The varying functional changes which occurred will be discussed under the appropriate sections of this report.

RESIDENTIAL DETOXIFICATION UNIT - PHASE 1

Until November of 1983 Residential Detoxification for Queens County Addiction Services was carried out on the third floor of the Alcoholism Treatment Centre on University Avenue. Following the move to the Provincial Sanatorium, detoxification was carried out on the second floor of this facility. Despite the change in location the capacity of the unit remained the same. However, the new unit provided for more flexibility in the utilization of beds for females. It still consists of 22 beds which may be utilized as either 14 or 16 males and 6 or 8 females. Six male beds can be used as intensive care beds during the first 48 to 72 hours after admission for those who are acutely ill. These beds are adjacent to the Nurses' Station. Females remained in this unit during the Rehabilitation phase of their treatment.

In addition to a much more functional Nurses' Station, an examination and therapy room is available in this unit as well as a large room utilized for group treatment. Semi-private rooms are available in this unit which were not present in our previous location. Functions in the unit could be carried out much more smoothly than they were previously and the atmosphere was improved markedly.

The mechanism of referrals to the unit was unchanged from our previous location. Once again, the majority of clients were admitted on a voluntary basis with a similar percentage, namely 10 percent, of persons being certified under the Mental Health Act and admissions being accepted on an involuntary basis from the legal system and from employers. During the year we accepted a certain number of clients each month from the Parole System under an agreement with the Solicitor General's Department, whereby incarcerated persons could become involved in the program by engaging in a three-week Residential Rehabilitation Program plus a two-month period at the Queens County Addiction Services Halfway House. Referrals from the Social Services Department also continued on a semi-mandatory basis.

There continued to be a preponderance of male admissions during the year with an 84 percent male admission rate.

The total number of admissions during the year was 787, which was almost similar to the number of admissions the previous year, namely 785. The average number of monthly admissions was 66. The percentage of new admissions was approximately 33 percent, and those referred to Phase II, or the Residential Rehabilitation portion of the program had increased from 263 to 311. The percentage of our total admissions who were referred to Phase II was 40 percent, which we think is a very adequate number and it is attributed to the motivational activities of the Nursing Staff which occur in Phase I.

The total number of persons certified had increased from 79 during the year 1982-83 to 98 in the year 1983-84.

During this year we also classified the number of admissions who were dependent upon Cannabis, which had not been done previously, and of a total of 787 admissions, 112 were found to be dependent on this chemical.

STATISTICAL SUMMARY

Total Number Admissions	787
Total Number Male Admissions	662
Percentage of Male Admissions	84%
Total Number Female Admissions	125
Percentage of Female Admissions	16%
Average Number Monthly Admissions	66
Average Number Monthly New Admissions	21
Average Length of Stay - Males	6 days
Average Length of Stay - Females	10 days
Total Number referred to Phase II	311
Percentage of Total Admissions to Phase II	40%
Average Monthly Referred to Phase II	26
Average Age - Males	42 years
Average Age - Females	41 years
Total Number of Clients Certified	98
Average Monthly Certifications	8
Total Number Social Service Referrals (Residential)	113
Number Admissions Dependent on Cannabis	112

ASSESSMENT UNIT - POLICE UNIT

This unit functioned in the basement of the Alcoholism Treatment Centre until November of 1983 when it was transferred to the first floor of the Sanatorium unit. This area had been completely remodelled and now consists of an eight-bed unit with showers and toilets and a new kitchen, as well as a Supervisor's office. The purpose of the unit remained the same, namely persons brought to the Centre by the police as well as persons seeking emergency short-term care and referrals from Queen Elizabeth Hospital emergency department. The staff in this unit functioned very adequately during the year, and the relationship between this unit and the Charlottetown Police Department was considered excellent.

The numbers accepted to this unit varied little from the previous year, namely 1,298 compared to 1,289 the year previously. The average number of monthly admissions was 108. The average length of stay was 1.5 days, with a suggested maximum of 3 days. It should be noted that the number transferred to Sleepy Hollow Correctional Centre had increased from 569 in 1982-83 to 702 in 1983-84. Also, the numbers referred to further treatment had increased from 178 to 196. The number of non-police referrals had decreased from 455 to 393.

We feel that the Assessment Unit serves a very important function in our total program, since it does provide a service to the Police Department, the Out-patient Department of the Hospital, and to those persons who wish only short-term withdrawal without any further involvement in our program. We are unaware of any other area in the country which provides a similar type of service and it prevents our Detoxification unit from becoming a revolving door operation. Any persons who are admitted to the Assessment Unit and who are acutely ill are transferred to the major Detoxification Unit for medical care.

STATISTICAL SUMMARY

Total Number Referrals	1,918
Total Number Accepted	1,298
Total Number Individuals Accepted	804
Average Monthly Admissions	108
Total Number Police Referrals	1,525
Total Number Non-Police Referrals	393
Total Number Transferred to Sleepy Hollow Correctional Centre	702
Number Referred to Further Treatment	196

RESIDENTIAL REHABILITATION PROGRAM - PHASE II

This unit functioned on the second floor of the old Orphanage until November of 1983 when it was transferred to the third floor of the new unit in the Sanatorium. This was a marked improvement over the previous unit in that all the rooms were semi-private, a kitchen facility was provided, and a group and recreational room was also available. In addition to this, three Counsellors' rooms were developed on this floor. The number of beds available for persons in this segment of the program increased from 15 to 16. The length of stay recommended for persons in this program remained at 21 days. All admissions to the unit came through the Detoxification Unit of Queens County Addiction Services. Referrals from areas such as the Justice System were observed for 48 hours in the Detoxification Unit before transfer.

Because of the discontinuance of the Rehabilitation Program in Kings County, during this year we accepted referrals to the program from the Detoxification unit of Kings County in Souris. There was no particular change in the staffing pattern or programming of this segment during 1983-84. We continue to have two Residential Rehabilitation Therapists during the day as well as an evening Therapist each day and a week-end Therapist. The occupancy rate of this unit remained very close to 90 percent during the year and there was an increase in the number of admissions from 270 to 311. This is reflected by the 40 percent referral rate from the Detoxification Unit. The average number of monthly admissions increased from 23 to 26, while the number of female admissions remained relatively the same, 55 in 1983-84 to 51 in 1982-83. The average age of males and females remained similar, namely, mid-thirties.

STATISTICAL SUMMARY

Total Number Admissions	311
Total Number Male Admissions	256
Total Number Female Admissions	55
Average Monthly Admissions	26
Average Age - Males	35 years
Average Age - Females	36 years
Average Length of Stay - Males	17 days
Average Length of Stay - Females	20 days

NON-RESIDENTIAL REHABILITATION PROGRAM

This Morning Orientation Program consists of a three-week daily session which is presented for two hours at the Queens County Addiction Services Non-Residential Facility on Beach Grove Road. Persons attending the sessions included those in the Residential Rehabilitation Program as well as non-residents engaging in the Rehabilitation Program. These sessions are also used for staff training or to provide information to interested persons.

The average number of monthly non-residential admissions to the program was 17 compared to 15 the previous year, for a total of 43 persons who engaged in the Rehabilitation Program each month during 1983-84. Therefore, the total number of admissions to this program would be 200 non-residents. The average age of the non-residents was 38 years.

The Non-Residential Rehabilitation Program also dealt with all the employer clients, both residential and non-residential, and there was a total number of 43 persons referred by employers during 1983-84. The total number of Social Services clients who were referred to the Non-Residential Program was 59, which was approximately 27 percent of the total non-residential population. A larger percentage of the non-residents was female than was the case in the Residential Program, namely 36 out of 200 or 18 percent.

STATISTICAL SUMMARY

Total Number Admissions	200
Average Monthly Admissions	17
Total Number Employer Referrals	43
Total Number Social Service Referrals	59
Average Age	38 years

AFTERCARE PROGRAM - PHASE III

The therapeutic program of the Alcohol and Drug Problems Institute provided to chemically dependent persons, whether this be to alcohol and/or other chemicals, is divided into three phases. Phase I is detoxification, Phase II is Residential or Non-Residential Rehabilitation, and Phase III is the Aftercare Program. This Phase III of the program is available and recommended to all persons who have completed either the Residential Rehabilitation Program or the Non-Residential Orientation Program. The length of stay in Phase III of the program is recommended to be six months. However, with some employers and with Justice Department referrals this length of stay may be increased to one year.

During the year the number of Aftercare groups increased from six to eight, including one group at the Halfway House, and the leaders of the groups were again persons from the community who were recovering alcoholics and had developed stability in their own existence. The effectiveness of these groups improved markedly during 1983-84 because of the increased experience of the group leaders. There were a few changes in the leaders, and all were found to be effective. Adequate communication was continued between the Phase II Therapists and the group leaders. It is noted in the statistics that the average attendance at each session has increased from 10 to 12, the total number of individuals served remaining approximately the same, 250. We do not have any statistics available on the number of persons who complete the six month's recommended Phase III program at the present time. It is believed at the present time that about 60 percent of those who engage in Phase II will continue in Phase III and that 60 percent of those who begin Phase III will complete it.

STATISTICAL SUMMARY

Total Number Group Sessions	276
Average Attendance at Sessions	12
Total Number Individuals Served	250

QUEENS COUNTY ADDICTION SERVICES HALFWAY HOUSE - TALBOT HOUSE

There was no change in the functioning of the Queens County Halfway House during 1983-84. There were some changes in the Attendant staff, but no changes in the staffing pattern. A change in the programming occurred in that an Aftercare Group was started for residents of the Halfway House. Residents were encouraged to continue in another Aftercare group following their discharge from the House.

The recommended length of stay for persons in this facility for 1983-84 was decreased from three months to two months, and the occupancy rate was approximately 83 percent. The average length of stay remained the same as the previous year and the average age of residents decreased from 39 years to 36 years. The number of persons accepted from Parole Services remained the same as previous years, namely 11. The statistics in this Unit have been relatively stable for the past three years.

STATISTICAL SUMMARY

Total Number Admissions	147
Total Number Individuals Served	125
Occupancy Rate	83%
Average Length of Stay	39 days
Average Age	36 years
Total Number from Parole Services (as of Dec. 1983)	11

FAMILY PROGRAM

This service remained unchanged during 1983-84 and operated from the Non-Residential Facility on Beach Grove Road in Charlottetiwn with one Family Therapist operating the entire program with assistance from other staff members and volunteers. The Orientation Program which had previously been established continued with the program running for ten weeks on a weekly basis. The average number of participants at these programs each week had increased from 21 to 43. There is a marked need for further staffing of this program since many community members having chemically dependent problems in their family are appearing for assistance. The total number of individual consultations has almost doubled over the previous year. The involvement of the family in the treatment process remains a major objective of Queens County Addiction Services.

STATISTICAL SUMMARY

Total Number Family Orientation Sessions	53
Total Number Attending Family Orientation Sessions	2,155
Average Attendance Monday Night Family Program	43
Total Number Individual Consultations	715
Total Number Family Members Served	5,539

COMMUNITY DEVELOPMENT PROGRAM

This program in Queens County remained under the direction of the Community Development Coordinator in 1983-84 and there was little change in the activities as compared to the previous year. Presentation of informational sessions to Grade VI students throughout Queens County and to Grade VII students in the junior high schools of the Charlottetown area were continued as previously. Services were also provided to community and professional groups with again continuing emphasis on youth.

In-service training sessions were provided for staff by a two-day workshop in February, 1983 by Terrance Gorski on "Counselling Against Relapse." There were also sessions provided for staff of the three Counties by Jack Blanchard on "Personal Development and Individual Counselling."

STATISTICAL SUMMARY

Total Attendance:	School Students	2,786
	Mature Students	388
	Adult Community	1,579
	Youth Community	2,464
	Professional Groups	636
Total Number School Sessions		90
Total Number Community Sessions		162
Total Number Professional Sessions		35

YOUTH PROGRAM

The project obtained through the Federal Government to expand services to adolescents in Queens County was continued during 1983-84. Because of funding problems the number of persons available to operate these programs decreased from four to two. These persons provided, in conjunction with the Community Development Coordinator, the services to students in grammar and junior high schools in the Queens County area. Sessions were also provided to senior high school students.

An Adolescent Treatment Program was developed during 1983-84 with referrals accepted from the schools and Social Services and functioned in a similar manner to our adult programs. Chemically dependent adolescents engaged in a four week Non-Residential program with a six month's weekly Aftercare Program. Since this was an innovation over our previous procedures, the statistics for this are incomplete at the present time. This does appear to provide an opportunity for young people who are having problems with alcohol and/or other drugs to receive the assistance they need at an early stage.

Programs were developed for children of alcoholics in conjunction with the family treatment programs held weekly as noted previously. These groups were divided for children under 12 and those from 12 to 18. It is felt that this is a major prevention program directed towards the target group from which the majority of alcoholics will appear in the future. The program consists mainly of informational material and communication techniques for this group of young people.

This area of our program requires additional funding and staffing if it is to continue to develop and become more adequate to provide the services which are necessary to young people.

This Federal project also presented programs to parents groups on developing mechanisms of handling drug problems, either in their own families or in the community.

SUMMARY

As may be noted in the statistics, 1983-84 continued the consolidation and stability of our programs, both Detoxification and Rehabilitation. Both these areas functioned with the number of participants which we would consider adequate for our facilities and staffing patterns. The Aftercare Program or Phase III was improved rather markedly during the year. The Halfway House statistics also remained relatively stable.

The Youth and Adolescent Programs which we had just begun the previous year began to consolidate and show results in changing the lifestyle patterns of these young persons with chemical problems.

We continued our networking system with the Social Services and increased our contacts with the Justice Department as well. Our relationship with the Mental Health facilities and the Psychiatric staff continued on an adequate level during the year. Our relationship with the Department of Education remained stable, and we continued to provide programs to the schools and informational sessions to teachers and administrators.

The major objective of all our programs is to provide persons with whom we come in contact, whether they be chemically dependent persons, their families, or various agencies and groups in the community involved with these persons, with the opportunity to change their attitudes and behavior relative to this widespread and destructive problem in our County.

PRINCE COUNTY ADDICTION SERVICES INC.

216 Schurman Avenue,
Summerside, P.E.I.,
C1N 4W6

TELEPHONE: 436-4201

BOARD OF DIRECTORS
PRINCE COUNTY ADDICTION SERVICES INC.
APRIL 1, 1983 - MARCH 31, 1984

Mr. Maynard Schurman, Chairman

Mrs. Pauline Deighan

Mr. Blair Heeschen

Rev. Joseph LeClair

Mr. Raymond MacDonald

Mr. Neil MacLeod

Mr. Alan Montgomery

MANAGEMENT PERSONNEL

Mrs. Betty Campbell	Prince County Director
Mrs. Amy Gaudet	Nursing Supervisor, Primary Care Unit
Mr. Peter McCloskey	Rehabilitation Supervisor
Dr. Sheldon R. Cameron	Medical Consultant

PRIMARY CARE (DETOXIFICATION) PROGRAM

Prince County's Primary Care Unit has 17 beds and is located in the basement of the Prince County Hospital Nurses Residence. The objectives of this unit are:

(1) To provide medically supervised detoxification from all mood-altering chemicals.

(2) To evaluate the client's physical and mental condition to determine the presence of any pathology that may or may not be related to the chemical dependency.

(3) To instruct the client as to the nature of chemical dependency to better enable him/her to identify with the dependency and motivate him/her to accept further treatment.

This unit admits clients on a 24 hour basis and is staffed by Registered Nurses, Addiction Workers and a Detox. Counsellor under the supervision of the Nursing Supervisor.

The majority of admissions to this unit are voluntary. However, during the past year the number of mandatory admissions has increased. Such admissions include committals under the Mental Health Act, and referrals from the Justice System and employers.

This unit's occupancy rate for the 1983-84 year was 81 percent, an increase of 2.8 percent over the previous year.

STATISTICAL SUMMARY

Total Number of Admissions	828
Total Number of Male Admissions	734
Total Number of Female Admissions	94
Total Number of Individuals Admitted	495
Total Number of New Clients	185
Average Age - Male	40 years
Average Age - Female	38 years
Average Length of Stay - Male	6 days
Average Length of Stay - Female	7 days

DETOX. VOLUNTEER FOLLOW-UP PROGRAM

This program is conducted by a group of volunteers composed of people who are recovering from chemical dependency. It operates under the direction of the Detox. Nursing Supervisor and a volunteer Coordinator. The objectives of this program are:

(1) To provide an ongoing community support system for clients both during treatment and following discharge.

(2) To assist the Agency's follow-up services.

(3) To utilize valuable community volunteer workers.

(4) To strengthen communication and maintain rapport between the Agency, the program of Alcoholics Anonymous and the general public.

The program operates according to a rotating monthly schedule set up by the Coordinator. Teams of two volunteers visit the Detox. unit twice a week to interview those clients who have given written consent to see them. During the visit, the client is encouraged to choose a contact from his or her own community for additional support and introduction to a local A.A. group when he/she returns home. The contact is immediately established by telephone and the contact's name and telephone number recorded on the client's file for future reference.

This program has been in operation for several years and has proven to be a valuable asset to both the Agency and its clients. Its success is due to the continuing dedication of the Coordinator and the many volunteers.

STATISTICAL SUMMARY

Total Number of Contacts Made		233
Summerside and area	86	
West Prince	97	
East Prince	37	
Outside Prince County	13	

INTERMEDIATE CARE (REHABILITATION) PROGRAM

The Intermediate Care Program is the next phase of treatment following detoxification. It is a three-week program and may be taken on a residential or non-residential basis. In a closed group setting the program explores the nature of chemical dependency in depth, points out the guidelines to successful recovery and promotes effective living without the use of mood-altering chemicals. This is accomplished through the use of lectures, video tapes, group discussion and guest speakers. Repeat admissions to this program are not made for a minimum of one year and then only at the discretion of staff.

Emphasis is placed on Aftercare as a critical component of the overall recovery process. Upon completion of the Intermediate Care Program, participants are encouraged to attend a weekly Aftercare group for six months in addition to three A.A. meetings a week.

STATISTICAL SUMMARY

Rehab. Program

Number of Admissions	154
Number of Individuals	153
Number of New Admissions	144
Number of Male Admissions	131 (85%)
Number of Female Admissions	23 (15%)
Number Completing Total Program - Male	119 (90.8%)
Number Completing Total Program - Female	23 (100%)
Average Age - Male	37 years
Average Age - Female	36 years
Percentage of Residential Clients	35.6%
Percentage of Non-Residential Clients	64.4%
Number of Employee Assistance Referrals	33 (21%)

Aftercare Program

Number of Groups	2 (The second group was formed in January '84)
Total Number of Sessions	60
Total Number of Individuals	221
Average Group Size	23

FAMILY CARE

In recognition of the fact that chemical dependency deeply affects the family and that the family can influence the progression of the disease as well as the prognosis for recovery, the Agency sponsors various family services.

A "Family Information Program" consisting of one session weekly for seven weeks is conducted by the Family Counsellor at the Addiction Centre in Summerside. The program is open-ended and recycles every seven weeks. Although especially intended for family members of clients in treatment, it is open to any relatives and friends of a chemically dependent person regardless of whether or not the person has been exposed to treatment. Two general topics - "Addictions" and "Family Recovery" are dealt with during the seven weeks by means of films, lectures and group discussions.

In response to a need for family services in the West Prince area, one complete cycle of the program was conducted in the Westisle Composite School in November. The response was so enthusiastic that it is planned to repeat the program sometime in the future, possibly every fall.

In addition to the Information Program, the Family Counsellor attempts to contact the family of every client admitted to each facility or treatment program of the agency. Individual counselling is offered to those who are considered to be in need of it.

Referrals are made to self-help groups such as Alanon and Alateen. Referrals are also made to other agencies such as Mental Health clinics, Social Services, legal services, Anderson House, etc.

Small group sessions are also conducted weekly in both Primary and Intermediate Care Programs on the Family Effects of Addiction by the Family Counsellor.

The Family Counsellor also accepts referrals directly from the community such as physicians, lawyers, other agencies, as well as self referrals.

STATISTICAL SUMMARY

Total Number of Individuals Served	902
Total Number of Office Consultations	510
Total Number of Large Group Sessions	48
Average Group Size	39
Total Number of Small Group Sessions	96
Average Group Size	10
Total Number of Individuals Attending Family Information Program	760

WESTISLE FAMILY INFORMATION PROGRAM

STATISTICAL SUMMARY

Number of Group Sessions	7
Average Group Attendance	55
Total Number of Individuals	150

WEST PRINCE COUNSELLING SERVICE

A community addictions counselling resource is carried on in the western area of Prince County. Staffed by one full-time Counsellor with a back-up from other staff of the Agency and a large complement of volunteers, this service provided assessment, counselling, referral and follow-up counselling for residents of West Prince.

The Counsellor has office hours in the Western Hospital, Alberton two mornings a week and in the Regional Services Centre, O'Leary two mornings a week. A great deal of his time is also spent making home visits as clients in rural areas appear to be more sensitive to public scrutiny when seeking assistance with chemical dependency and thus are reluctant to make office visits.

The Counsellor conducts group sessions weekly in the Primary Care Unit to familiarize clients from West Prince with his services.

During the past year an Aftercare group for West Prince residents who have completed the Intermediate Care Program has been established in Alberton. This group meets weekly under the direction of the West Prince Counsellor.

Because of the prevalence of the problem and the need for more services in this area of the County, the Agency hopes to be able to expand its programs in West Prince in the near future.

STATISTICAL SUMMARY

Total Number of Individuals Served	295
Total Number of Home Visits	741
Total Number of Office Visits	82
Total Number of Hospital/Detox. Visits	195
Total Number of Group Sessions	61

EXTENDED CARE

An Extended Care Facility "St. Eleanor's House" is located at 571 South Drive, St. Eleanor's. This facility accommodates ten men and provides a home-like environment for those who require extended support after initial treatment of chemical dependency.

It is interesting to note that the average age of residents has dropped considerably from previous years. This is possibly due to increased referrals from the Justice system.

A program is conducted aimed at reinforcing the guidelines to recovery introduced during earlier treatment phases. The program consists of daily exposure to films, group discussions and A.A. meetings. Emphasis is placed on increasing social and vocational skills. Eventually residents are encouraged to seek employment and regain family ties where possible and thus prepare for a stable re-entry to the community.

STATISTICAL SUMMARY

Total Number of Residents	58
Average Age	36 years
Number of New Admissions	31
Average Length of Stay	61 days
Occupancy Rate	90%

YOUTH PROGRAM

This program is presented to children ages 8 to 12 years who are affected by chemical dependency in the home. This particular group was targeted because children of alcoholic parents are regarded as being at high risk of developing dependency themselves.

The program employs the small closed group format and accommodates a maximum of eight children per group. It consists of one evening session per week for five weeks. Information concerning alcohol and drug abuse and the effect on families is discussed at the children's level and they are encouraged to share their own feelings and experiences. Activities include games, films, talking, small projects and graduation.

STATISTICAL SUMMARY

Total Number of Sessions	19
Number of Individuals Attending	93
Average Group Size	5

NON-RESIDENTIAL SERVICES

In addition to the structured treatment program, the staff of the Agency provides such non-residential services as: assessment interviews, individual counselling, follow-up counselling and Antabuse administration.

STATISTICAL SUMMARY

Total Number of Individuals Seen	744
Total Number of Office Visits	1,153
Total Number of Telephone Consultations	1,473

COMMUNITY DEVELOPMENT SERVICES

This program complements the treatment services of the Agency in attempting to reduce alcohol and other drug problems in the community.

Under the direction of a Community Development Coordinator, many approaches are used in raising public awareness of issues related to chemical dependency. Focusing mainly on youth, the majority of the Coordinator's time is spent in conducting sessions in schools and other youth groups as well as working with parent groups. Information sessions were also presented to other community and professional groups.

Through media use, public displays and the maintenance of a resource library, a great deal of information was disseminated to the general public.

STATISTICAL SUMMARY

Displays	27
Meetings	14
Consultations	100

	School	Community	Other	Total
Number of Sessions	43	28	9	80
Average Group Size	15	36	27	

ADDICTION SERVICES

CHARLOTTETOWN, P.E.I.

FINANCIAL STATEMENTS

MARCH 31, 1984

AUDITORS' REPORT

Central Advisory Board of Addiction Services

We have examined the balance sheet of Addiction Services as at March 31, 1984 and the statement of revenue and expenditure for the year then ended. Our examination was made in accordance with generally accepted auditing standards, and accordingly included such tests and other procedures as we considered necessary in the circumstances.

In our opinion these financial statements present fairly the financial position of the corporation as at March 31, 1984 and the results of its operations for the year then ended in accordance with generally accepted governmental accounting principles applied on a basis consistent with that of the preceding year.

Charlottetown
Prince Edward Island

July 25, 1984

Chartered Accountants

ADDICTION SERVICES

BALANCE SHEET

MARCH 31, 1984

ASSETS	1984	1983
Current		
Cash	$ 16,442	$ 7,030
Receivables	1,250	1,348
Prepaid expenses	688	347
	18,380	8,725
Land, buildings and equipment (Note 2)	295,318	296,843
	$313,698	$305,568
LIABILITIES		
Current		
Payables and accruals	$ 837	$ 703
Long term debt payable within one year	1,200	1,200
	2,037	1,903
Payable to the Province of Prince Edward Island	20,663	11,141
Long term (Note 3)	290,998	292,524
	$313,698	$305,568

ON BEHALF OF THE BOARD

.....Director

. .....Director

Doane Raymond

ADDICTION SERVICES

STATEMENT OF REVENUE AND EXPENDITURE

YEAR ENDED MARCH 31, 1984

	1984	1983
Revenue		
Grant - Province of Prince Edward Island	$2,851,020	$2,759,675
Patient fees	13,308	11,656
	2,864,328	2,771,331
Expenditure		
Direct (page 5)		
Detoxification	1,623,374	1,501,771
Rehabilitation	611,023	555,651
Short term care	390,890	379,688
Long term care	51,481	125,033
	2,676,768	2,562,143
Central office and administration		
Administration	4,163	5,213
Equipment	511	
Materials and supplies	6,475	11,616
Professional fees	11,944	15,642
Salaries and benefits	135,355	149,150
Travel	6,283	11,406
	164,731	193,027
	2,841,499	2,755,170
Excess of revenue over expenditure	$ 22,829	$ 16,161

Doane Raymond

ADDICTION SERVICES

NOTES TO FINANCIAL STATEMENTS

MARCH 31, 1984

1. Accounting policies

(a) Financial statement reporting

These financial statements include the accounts of Addiction Residences Inc. which was incorporated as a non profit organization in June, 1977 and which is fully funded through Addiction Services.

As of October, 1980 the services administered by the Addiction Foundation of Prince Edward Island were contracted out to three individual county boards. For the year ended March 31, 1984 the accounts are recorded on a combined basis for the province and administered by a central board under the name of Addiction Services. However, the counties are charged with related expenditures and are budgeted accordingly.

(b) Depreciation

The charge for annual depreciation is equal to the principal reduction of the mortgages on the related properties for that year in accordance with the mortgage agreements on the particular properties.

(c) Furniture and equipment

Furniture and equipment are carried at a nominal value of $1. Purchases of equipment are treated as expenditure in the year they occur.

(d) Profit or loss

The profit or loss for the year is transferred to the Province of Prince Edward Island according to the accounting treatment policy of the Provincial Treasury Board.

Doane Raymond

ADDICTION SERVICES

NOTES TO FINANCIAL STATEMENTS

MARCH 31, 1984

2. Land, buildings and equipment

	1984			1983
	Cost	Accumulated Depreciation	Net Book Value	Net Book Value
Land				
McQuaid	$ 30,000		$ 30,000	$ 30,000
Kings County Detox Centre	10,300		10,300	10,300
Fredericton Farm Unit	14,335		14,335	14,335
Buildings				
McQuaid	104,633	$ 2,375	102,258	102,787
Kings County Detox Centre	43,308	784	42,524	42,692
Fredericton Farm	84,853	1,478	83,375	83,709
Georgetown	19,000	6,475	12,525	13,019
Equipment	1		1	1
	$306,430	$ 11,112	$295,318	$296,843

3. Long term debt

	1984	1983
15 1/2% mortgage due 1987, amortized to 1994, repayable in equal monthly installments of principal and interest providing Georgetown property as security	$ 11,408	$ 11,901
11 1/2% mortgage due 1984, amortized to 2014, repayable in equal monthly installments of principal and interest providing Fredericton Farm property as security	95,286	95,621
11% mortgage due 2014 repayable in equal monthly installments of principal and interest providing McQuaid property as security	133,639	134,168
9 5/8% mortgage due 2019 repayable in equal monthly installments of principal and interest providing The Kings County Detoxification Cenre as security	51,865	52,034
	292,198	293,724
Amount payable within one year	1,200	1,200
	$290,998	$292,524

ADDICTION SERVICES

DIRECT EXPENDITURES

YEAR ENDED MARCH 31, 1984

	1984				1983
	Queens County	Prince County	Kings County	Total	Total
Detoxification					
Administration	$ 53,311	$ 35,916	$ 14,946	$ 104,173	$ 106,976
Equipment	1,458	2,001	2,119	5,578	10,066
Materials and supplies	143,432	93,361	46,763	283,556	271,102
Professional services	24,079	13,477	5,855	43,411	40,220
Salaries and benefits	555,941	298,870	303,018	1,157,829	1,033,943
Travel	9,259	9,364	10,204	28,827	39,464
	787,480	452,989	382,905	1,623,374	1,501,771
Rehabilitation					
Salaries and benefits	271,133	201,681	138,209	611,023	555,651
Short term care					
Administration	6,634	5,977	1,670	14,281	16,191
Equipment		259		259	1,350
Interest			1,920	1,920	2,215
Materials and supplies	35,084	29,547	25,021	89,652	84,845
Professioanl services	180	720	570	1,470	1,450
Salaries and benefits	123,713	75,592	84,003	283,308	273,637
	165,611	112,095	113,184	390,890	379,688
Long term care					
Administration	9,443			9,443	7 267
Materials and supplies	8,098			8,098	37 853
Salaries	33,940			33,940	79.913
	51,481			51,481	125,033
	$1,275,705	$766,765	$634,298	$2,676,768	$2,562,143

Doane Raymond